

are well pressed in the jar, only a little filling when done will be needed. Or, one jar of the fruit may be used to fill other jars, if used boiling hot, and sealed immediately. Vegetables canned by this method will usually require longer cooking, and also to be returned, after sealing, to the boiling water and allowed to stand in the water until it cools, then put away.

For the Toilet

This is said to be an effective whitener of a yellow throat: One ounce of strained honey, one teaspoonful of lemon juice, six drops of oil of bitter almonds, whites of two eggs, enough fine oatmeal to make spreadable paste. Thoroughly mix the ingredients, and smear thickly on a strip of cotton cloth a little over three inches wide, and fasten securely around the throat. Cover this bandage with another to prevent bedclothes from being soiled through the night. This bleach must not be used on the face, and does no good as a whitener for the arms. Oil of bitter almonds is a poison, and must not be taken internally, and must be kept away from the eyes. If you have eruptions on the throat, or if the skin is very sensitive, do not use it on the throat. Four or five applications should be sufficient.

It is claimed that a thorough scrubbing every night with hot water and a nail brush will soon make the throat as smooth as velvet. For softening and whitening the hands, an old, tested remedy is one ounce of glycerine, two ounces of rose water and half an ounce of lemon juice. First wash the hands well, then dry lightly and drop a few drops of the mixture in the palm, rub over the hands as you would soap, and let dry on the skin.

For the relief of swollen, sore and tired feet, a powder used by foot soldiers in the German army is recommended. Here is the formula: Three parts salicylic acid, ten parts starch, eighty-seven parts powdered soap stone; mix thoroughly and

DIFFERENT NOW

Since the Slugger, Coffee, Was Abandoned.

Coffee probably causes more biliousness and so-called malaria than any one other thing—even bad climate. (Tea is just as harmful as coffee because it contains caffeine the drug in coffee.)

A Ft. Worth man says:

"I have always been of a bilious temperament, subject to malaria and up to one year ago a perfect slave to coffee. At times I would be covered with boils and full of malarial poison, was very nervous and had swimming in the head.

"I don't know how it happened, but I finally became convinced that my sickness was due to the use of coffee, and a little less than a year ago I stopped coffee and began drinking Postum.

"From that time I have not had a boil, not had malaria at all, have gained 15 pounds good solid weight and know beyond all doubt this is due to the use of Postum in place of coffee as I have taken no medicine at all.

"Postum has certainly made healthy, red blood for me in place of the blood that coffee drinking impoverished and made unhealthy." Name given by Postum Co., Battle Creek, Mich.

Postum makes red blood.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

shake into the shoes and stockings with a salt shaker. To harden the feet, bathe frequently at night before going to bed, in very hot water for about fifteen minutes, having dissolved a lump of alum the size of a hen's egg in the water previously, adding two handfuls of coarse salt. Swelling of the feet in summer, or at other times, is caused by diseased condition of the system, and a physician will tell you what to do.

Query Box

S. L.—The filtering stone used in hydrants is a finely-grained silica rock, called tripoli. It requires cleaning occasionally, in order that it may work effectively.

Mrs. C. L.—To remove acid stains from fabrics, such as vinegar, or lemon juice, sponge lightly with a mixture of one part household ammonia and four parts water. The commercial vinegar sometimes leaves markings that can not be removed, owing to ingredients used in its manufacture.

Francis C.—For grass stains, wet with alcohol, or with chlorin, before washing, though either of these sometimes affects delicate colors. cover the spots with thick molasses (not syrup), and leave a short time, and the stain will come out in the wash. Coal oil applied in the same way will remove some stains.

Worried—Iron rust stains or spots on clothing are very often the result of poor rinsing before bluing; the alkali in the suds unites chemically with the coloring matter in bluing and makes the rust spot. To prevent rinse carefully through several waters before bluing.

Mrs. F. H.—For one living in the vicinity of factories, one of the best cleansers for the soiled carpet is a covering of coarse salt, which is to be swept up lightly but thoroughly, gathering the dust and soot, and carrying it along before the broom. Bran or corn meal is not recommended, as the fine particles settle in the threads and attract vermin.

Truth-Seeker—The juices of the mouth, called saliva, are alkaline; those of the stomach, acid, and those of the intestines, alkaline. The food in the mouth should be well mixed with the saliva by mastication, then passed on to the stomach, from whence it is distributed to other fields for further uses.

Healthful Beverages

Boil a cupful of oatmeal in three quarts of water for half an hour, add a little salt and, if liked, a couple of tablespoonfuls of sugar; strain through a fine sieve or cheese cloth, and cool. Flavor with fruit juice if liked. If too thick for drinking, reduce with water. A tablespoonful of lemon or pineapple juice improves the flavor for some. Or, leaving out the fruit juice and sugar, add a quart of fresh milk, stirring well. Serve cold. A thin gruel of oatmeal used by workmen instead of alcoholic drinks will enable them to serve comfortably under a severe strain, and do hard work without sickness.

A combination of the juices of lemon, orange and pineapple makes a delicious and strengthening drink. For making, one must use judgment, as the fruits vary in size. About the right proportion is approximated by using the juice of four medium-size lemons, four oranges, one small pineapple, two quarts of water with sugar to taste. A combination of equal quantities of the juices of currants, raspberries, blackberries, cherries, grapes and water, with sugar to taste, is well liked.

Lemonade does not agree with all stomachs, but it is well liked by nearly all. Unfermented grape juice is one of the best of drinks, and may

be largely diluted with water without losing its good effects.

Contributed Recipes

Pick from the bones and chop about one pint of cooked chicken; have one cupful of broth, one-fifth of a box of gelatine, half a teaspoonful of curry powder, salt and pepper. The chicken meat may be cut from the carcass left from dinner, and the bones and gristle put over the fire with water to cover and boiled down to one cupful of broth. Put the gelatine to soak in one-fourth of a cupful of water; when the stock is reduced to the amount named, strain and season, add the curry and chicken, season and simmer all together for ten minutes, then add the gelatine and stir until it is dissolved; turn all into a mold and set away to harden. This makes a nice luncheon dish. When ready

to serve, dip the mold into warm water and turn out onto a dish.

Cooking Spinach—Look over the spinach, removing all trash, and wash in two or three waters. If the stalks are not tender, cut the leaves from the stalks. Boil for twenty minutes in water salt enough to season the spinach; when done, turn into a colander to drain, then chop fine, put it on the stove in a sauce pan with a lump of butter, salt and pepper to taste and enough milk to moisten it. When the butter is melted and the spinach steaming, take from the fire and put it in the dish in which it is going to the table. Garnish according to taste.—Mrs. L. Lucas, Mich.

Hicks—"I hate a man of one idea."

Wicks—"Naturally! No one likes to be excelled."—Boston Transcript.

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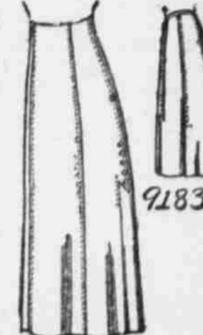
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